

Co-op Kitchen  
Made to Order

# Green Dream Smoothie

16 oz.

**\$7.95**

SAVE  
\$1.00



**ASHLAND  
FOOD CO-OP**  
EST. 1972



SALE FLYER | MARCH 18 TO MARCH 24, 2026

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Navel Oranges**  
California

**\$1.49** lb  
SAVE \$0.95/lb



**ORGANIC  
Coconut Chunks**  
4oz Bags  
India

**\$3.69** ea  
SAVE \$2.26/ea



**ORGANIC  
Tommy Atkin Mangos**  
Mexico

**\$2.49** ea  
SAVE \$1.50/ea



**ORGANIC  
Wild Twist Apples**  
Washington

**\$2.35** lb  
SAVE \$0.64/lb



**ORGANIC  
Purple Potatoes**  
Washington &  
Canada

**\$1.19** lb  
SAVE \$0.80/lb



**ORGANIC  
Asparagus**  
Mexico

**\$4.95** lb  
SAVE \$3.00/lb



**ORGANIC  
Leeks**  
Oregon & Washington

**\$2.69** lb  
SAVE \$1.30/lb



**ORGANIC  
Cauliflower**  
California

**\$2.29** lb  
SAVE \$2.00/lb



ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP

coop deals

**Brew Dr. Kombucha**  
All Flavors  
14 oz.

**2/\$5**

SAVE \$2.98 on 2



# GROCERY

coop deals

**Califia Strawberry Creme**  
Refresher Drink  
48 oz.

**\$5.49**

SAVE \$1.00



coop deals



**Cascadian Frozen Vegetables**  
Broccoli, Peas, and Blends  
10 oz.

**2/\$6**

SAVE \$2.58 on 2



coop deals



**Amy's Frozen Pizza**  
Cheese, Margherita, and Spinach  
13-14 oz.

**\$8.99**

SAVE \$2.70



coop deals



**Lesser Evil Popcorn**  
All Flavors  
4.6 oz.

**\$3.19**

SAVE \$1.00



coop deals



**Sonoma Creamery Crisp Crackers**  
Parmesan and Cheddar  
2.25 oz.

**\$3.69**

SAVE \$1.00

coop deals



**Odyssey Sparkling Energy Drink**  
All Flavors  
12 oz.

**2/\$4**

SAVE \$1.98 on 2

coop deals

**Tasty Bite Ready to Eat Meals**  
Kashmir Spinach,  
Punjab Eggplant, Jaipur Veg  
10 oz.

**\$3.99**

SAVE \$1.00



coop deals



**Pacific Foods Almond and Coconut Milk**  
32 oz.

**\$3.19**

SAVE \$0.70



# BULK



**Organic Red Beans**  
**\$2.89** lb  
SAVE \$0.30/lb



**Organic Roasted Deluxe Mixed Nuts**  
Salted  
**\$12.89** lb  
SAVE \$1.50/lb



**Pachamama Peru**  
Medium Roast  
**\$15.49** lb  
SAVE \$2.50/lb



**Organic Black Chia Seeds**  
**\$2.89** lb  
SAVE \$0.50/lb





**ASHLAND  
FOOD CO+OP**

EST. 1972

CO-OP  
BAKERY  
+  
CO-OP INGREDIENT  
STANDARDS  
+  
CO-OP TEAM  
=  
LOVE

# BOGO MUFFINS

*Buy One Co-op Housemade Muffin and  
Get the 2nd One 50% Off!*

**MARCH 18 TO 24**

*Discount taken at register*

**ASHLAND  
FOOD CO+OP**

EST. 1972



Everyone is welcome to shop at the Co-op and deserves to have access to organic, healthy, and affordable foods. The Ashland Food Co-op's CAN program strives to support economically challenged Co-op owners by offering a discount to eligible families and individuals in need.

C.A.N. participants will receive an everyday 5% discount throughout the store.

Enrollment is simple! Visit our website at [ashlandfood.coop/can](http://ashlandfood.coop/can) or stop by the Information Desk for an application.

Must be an Ashland Food Co-op Owner

Must provide current enrollment documentation for one of the programs listed below (dated within a year of today's date)

- o SNAP (Supplemental Nutrition Assistance Program; also known as EBT)
- o TANF (Temporary Assistance for Needy Families)
- o WIC (Women, Infants & Children)
- o Medicaid
- o SSI (Supplemental Security Income)
- o SSDI (Social Security Disability Income)
- o HUD (Housing and Urban Development)
- o HTBA (Home Tenant-Based Assistance)
- o Section 8 Assistance

Once your application has been reviewed and approved, the 5% C.A.N. discount will be associated with your ownership. The discount will be automatically applied at the registers during checkout.

Annual Enrollment is one year from the application date. Please provide an email address and you will be notified of your renewal deadline a month before it expires. Please re-enroll before the deadline to avoid interruption of your discount benefit.

## LAND & SEA



**Organic Smart Chicken  
Boneless Skinless  
Breast**

**\$9<sup>99</sup> lb**

SAVE \$2.50/lb



**Beeler's  
Bone-in Pork  
Chops**

**\$5<sup>99</sup> lb**

SAVE \$2.00/lb



## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Made To Order  
Green Dream**

16 oz.

**\$7<sup>95</sup>**

SAVE \$1.00



**Applegate Naturals  
Sunday Bacon &  
No Sugar Bacon**

8 oz.

**\$5<sup>99</sup>**

SAVE \$1.30



**Niman Ranch  
Sausages**

All Varieties • 12 oz.

**\$6<sup>99</sup>**

SAVE \$2.50

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Grab N Go  
Spinach  
Artichoke Dip**

**\$10<sup>95</sup> lb**

SAVE \$2.00/lb



## WHAT IS CO+OP BASICS?

Co+op Basics includes over 300 pantry and household staples. From beef to milk to cereal, we've lowered the price on all these items to make organic, healthy food accessible to every shopper.

LOOK FOR THE  
PURPLE TAGS  
TO SAVE!

**Co+op  
basics**

## CO-OP BASICS

**Co+op  
basics**

**Applegate  
Naturals  
Gluten Free  
Chicken Tenders**

8 oz.

**\$7<sup>99</sup>**



**Co+op  
basics**

**Field Day  
Organic Dark Maple  
Syrup**

12 oz.

**\$8<sup>99</sup>**



**Co+op  
basics**

**Field Day  
Organic Raw  
Almonds**

10 oz.

**\$8<sup>29</sup>**



**Co+op  
basics**

**Field Day  
Organic Brown Rice  
Penne Pasta**

12 oz.

**\$3<sup>49</sup>**



**Co+op  
basics**

**Field Day  
Organic Italian Herb  
Pasta Sauce**

24 oz.

**\$3<sup>49</sup>**



SAVE THE DATE!



JOIN US  
**SATURDAY**  
 APRIL 18<sup>TH</sup>, 2026  
 10 AM TO 4 PM  
 AT  
**ScienceWorks**  
 HANDS-ON MUSEUM  
 TO CELEBRATE

# EARTH DAY!

ENJOY HANDS-ON  
 ACTIVITIES, LOCAL  
 VENDORS, AND ENGAGING  
 EXPERIENCES THAT  
 HIGHLIGHT THE SCIENCE  
 OF SUSTAINABILITY.

FUN FOR ALL AGES  
 RAIN OR SHINE EVENT



## WELLNESS

**Pranarom**  
 All Products

**15%  
 OFF**



**Solaray**  
 D-Mannose  
 With Cranactin  
 Supports Urinary  
 Tract Health  
 60 vcap

**\$20<sup>99</sup>**  
 SAVE \$4.50



**Herb Pharm**  
 All Products

**25%  
 OFF**



**Giovanni**  
 L.A. Hold  
 Styling Gel  
 Salon-Quality  
 6.8 oz.

**\$8<sup>29</sup>**  
 SAVE \$1.50



**coop  
 deals**

**Life-Flo**  
 Organic  
 Rosehip  
 Seed Oil  
 Vibrant-Looking Skin  
 1 oz.

**\$10<sup>39</sup>**  
 SAVE \$1.60



## BRUCE'S PICKS

**Goldback**  
 Cuvee  
 750 ml  
 Grown at Jaxon Vineyard,  
 made here in Ashland.  
 Grenache and Syrah, neutral  
 oak, some whole  
 cluster, minimal  
 intervention winemaking.



**\$15<sup>99</sup>**



**Plani Arche**  
 Sangiovese  
 750ml  
 Over thirty years of  
 certified organic viticulture,  
 natural winemaking,  
 family owned and  
 operated, grown in the  
 Umbrian hills near Assisi, IT.

**\$17<sup>99</sup>**

